



KIDS can COOK



Kitchen Safety

- Don't wear loose clothes while cooking.
- Use oven mitts or a pot holder, rather than a cloth or tea towel, when moving hot pots and pans on a stovetop or into/out of an oven.
- It is a good idea to turn pot handles inward toward the back of the range to prevent them from getting bumped.
- Don't store items on the stovetop or toaster oven as they could catch fire.
- Don't use the oven as a storage bin as forgotten items may ignite the next time you preheat the oven.
- Never use your natural gas stove or any other natural gas appliance to heat your home. Doing so may put you and your family at risk of carbon monoxide poisoning.
- Keep a fire extinguisher in the kitchen.

Handling Produce Safely:

- Wash your hands thoroughly with hot soapy water before and after handling produce.
- Discard any produce (fresh fruits and vegetables) that is slimy, mouldy or that smells off.
- Wash all produce just before cutting, peeling or eating even if the outer rind is not being eaten. Washing is necessary as any bacteria on the outside can be transferred to the inside when an item is cut or peeled.
- Use a clean cutting board and a clean knife for cutting produce; wash the cutting board and knife with hot soapy water after using.
- All cut fruits and vegetables must be refrigerated.
- Use a vegetable scrub brush when washing produce with rough surfaces such as cantaloupe, potatoes and squash.
- Do not return washed produce to its original packaging.
- Discard outer layers of lettuce, cabbage and other leafy vegetables.
- Leafy green or dense vegetables such as broccoli, cauliflower and Brussels sprouts should be soaked in water to dislodge dirt. Follow by rinsing thoroughly under cool running water.
- Soap, chlorine bleach and vinegar can leave residues and should not be used when washing produce.

Energy Matters

Every time you open the oven door, at least 20% of the heat inside is lost. Instead, use the oven light to check on food as it is cooking.





Kids' Cooler

SERVES 4 – 6

INGREDIENTS

2 cups cubed honeydew melon
1 cup cubed seeded English cucumber
1 cup seedless green grapes
1 cup plain yogurt
1/2 cup cubed peeled kiwi fruit
1/2 cup cold water
1/4 cup honey

METHOD

- 1 Place all ingredients in a blender and blend until combined.
- 2 Pour into glasses.
- 3 Make and enjoy immediately!



The amount of honey can be adjusted to your personal taste.

Roasted Red Pepper & Feta Dip

MAKES 2½ CUPS

INGREDIENTS

1 cup shredded feta cheese
1 cup drained canned roasted red peppers
1 tsp garlic paste
1/8 tsp cayenne pepper
1 tbsp extra-virgin olive oil or canola oil

METHOD

- 1 Place all ingredients except oil in a food processor; process until combined.
- 2 Add oil and process until smooth.
- 3 Transfer to serving dish. Cover and refrigerate for at least 1 hour or up to 2 days. Do not freeze.

Try packaging in small containers to take in your lunch box! Serve dip with vegetables.

This dip does not freeze well! Store no more than 2 days in the refrigerator.



Food processors have sharp blades; treat them like you would a knife. Remember, keep small appliances unplugged when not in use.



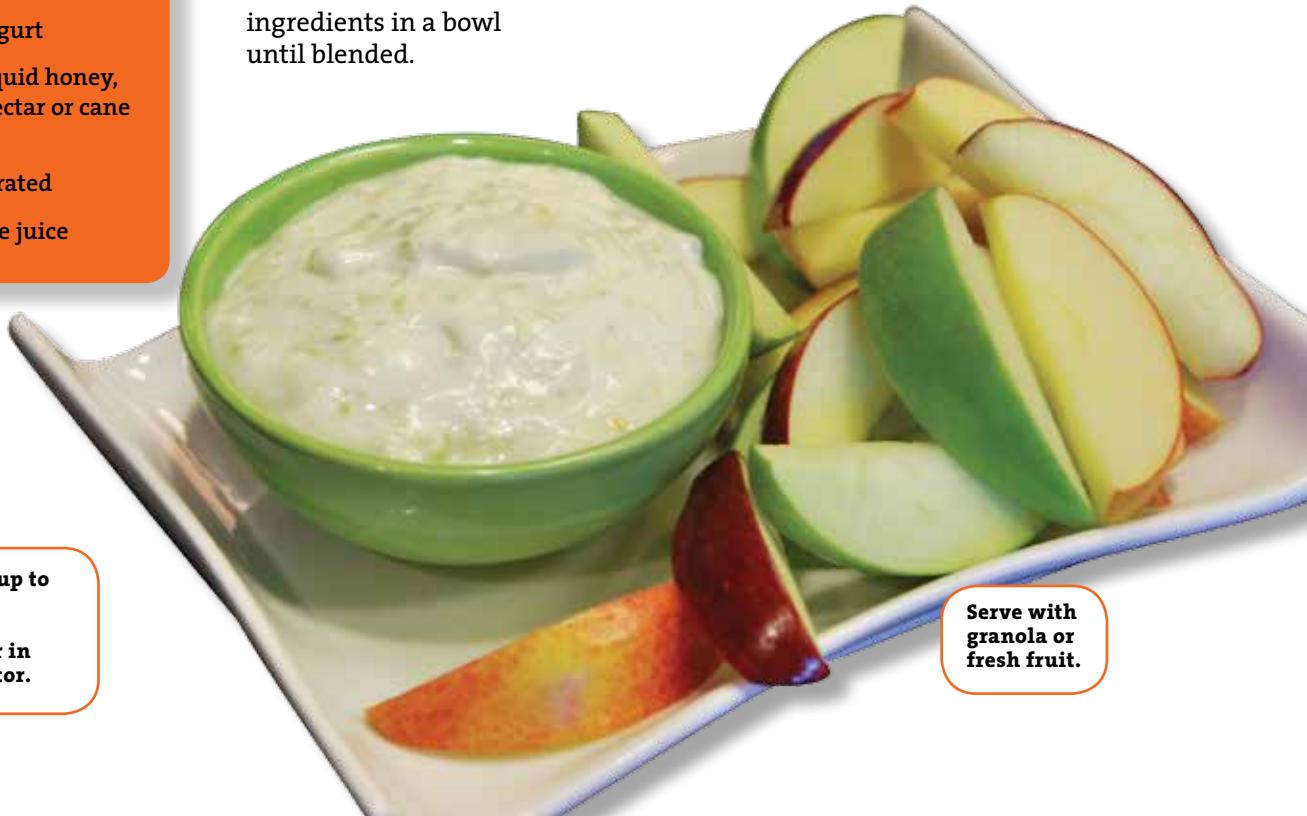


INGREDIENTS

- 1 cup plain yogurt
- 1 tbsp liquid honey, agave nectar or cane sugar
- 1 lime, grated
- 1 tsp lime juice

METHOD

- 1 Combine all the ingredients in a bowl until blended.



Store for up to
3 days in
a sealed
container in
refrigerator.

MAKES 1 1/4 CUPS

Honey & Lime Yogurt Dip

Serve with
granola or
fresh fruit.

Oat & Bran Muffins

MAKES 16
LARGE MUFFINS

METHOD

- 1 Preheat oven to 325°F.
- 2 Combine whole wheat flour, wheat bran, brown sugar, flour, cranberries, raisins, coconut, oats, baking powder, baking soda and salt in a bowl.
- 3 Stir together orange juice, milk, oil, molasses and egg until blended.
- 4 Add orange juice mixture to whole wheat flour mixture and stir just until combined.
- 5 Spoon batter into paper-lined or greased muffin cups, filling cups three-quarters full.
- 6 Bake for 17 minutes or until a cake tester inserted in centres comes out clean.

INGREDIENTS

1 cup whole wheat flour	1 tsp baking powder
1 cup natural wheat bran	1/2 tsp baking soda
3/4 cup packed brown sugar	1/2 tsp salt
1/2 cup all-purpose flour	1 cup fresh orange juice
1/2 cup dried cranberries	1/2 cup milk (2%)
1/2 cup raisins	1/3 cup canola oil
1/2 cup unsweetened shredded coconut	2 tsp fancy molasses
1/4 cup old-fashioned rolled oats	1 large egg



INGREDIENTS

2 cups uncooked macaroni
1 1/2 cups panko (Japanese-style bread crumbs)
1/4 cup chopped fresh basil, oregano or parsley
2 tbsp melted salted butter
4 cups milk (2%)
1/4 cup salted butter
1/4 cup all-purpose flour
1 cup mashed cooked cauliflower or squash
1 cup shredded cheddar cheese
1 cup shredded Monterey Jack cheese
1/4 tsp cayenne pepper
1/8 tsp nutmeg
Salt and freshly ground pepper

METHOD

- 1 Cook macaroni according to package directions. Cooking macaroni to al dente is preferred.
- 2 Drain macaroni; set aside.
- 3 Place panko in a zip-lock plastic bag. Add basil and 2 tbsp melted butter. Seal bag and shake to combine; set aside.
- 4 Heat milk in a saucepan over low heat; keep warm.
- 5 Preheat oven to 350°F.
- 6 Melt 1/4 cup butter in a large saucepan until bubbly.
- 7 Add 1/4 cup flour and stir well with a wooden spoon.
- 8 Cook, stirring, for 5 minutes.
- 9 Whisk in hot milk, 1 cup at a time, whisking constantly after each addition until smooth.
- 10 Simmer for 5 minutes. Stir in cauliflower.
- 11 Add cheddar cheese and Monterey Jack cheese, stirring until melted. Stir in cayenne pepper and nutmeg. Season to taste with salt and pepper. Remove from heat.
- 12 Stir in macaroni. Spoon mixture into a greased 9x13 inch baking dish.
- 13 Sprinkle with panko mixture.
- 14 Bake for 15 – 20 minutes or until bubbly and golden brown.

You can add a mashed cooked vegetable of your choice, just like this recipe did! Have a parent assist you with boiling your chosen vegetable until tender. Drain off the water and mash it with a potato masher or purée using a blender or food processor until smooth.

Mac 'n Cheese

SERVES 6



Store for up to 3 days in a sealed container in refrigerator. You can freeze for up to one month.

Quick and Easy Pizza

MAKES 1 LARGE PIZZA
OR 2 SMALL PIZZAS

METHOD

- 1** Preheat oven to 500°F. If using a pizza stone, allow it to preheat for 30 minutes. Spray pizza pan or screen with non-stick cooking spray and sprinkle with cornmeal.
- 2** Combine warm water and sugar, stirring to dissolve. Sprinkle yeast on top. Let stand for 2 minutes; stir to dissolve.
- 3** Place flour and salt in a food processor fitted with a dough blade.
- 4** Pour yeast mixture and oil through feed tube of food processor.
- 5** Process for 1 minute, until dough comes together and forms a ball. Dough will be soft. If dough is too sticky, add additional flour 1 tbsp at a time, and process until dough comes together and forms a ball. If dough appears too

dry and stiff, add warm water 1 tbsp at a time, and process until desired consistency is reached.

- 6** Turn dough out onto a lightly floured surface. Shape dough into a ball. Spray lightly with non-stick cooking spray. Cover with plastic wrap. Let stand for 5 minutes.

- 7** On a lightly floured surface, flatten dough and roll out into a 14 inch circle, or divide and form two smaller circles. Transfer dough to prepared pan. If using a pizza stone, sprinkle pizza stone with cornmeal before transferring dough.

- 8** Spread sauce evenly over dough. Top with toppings. Sprinkle with cheese.
- 9** Bake until cheese is melted, pizza is heated through and crust is golden brown. Let stand for 5 minutes before slicing.

Make and
use dough
immediately.



INGREDIENTS

Non-stick cooking spray

Cornmeal, semolina or flour

3/4 cup warm water (100°F)

1 tbsp sugar

2 tsp instant yeast

2 cups all-purpose flour

1 tsp salt

2 tbsp extra-virgin olive oil

Flour, optional

Pizza Sauce

Toppings

Shredded mozzarella
cheese

One package of
instant yeast
contains about
2^{1/4} tsp.



One Pot Spaghetti

SERVES

4 – 6

INGREDIENTS

1 tbsp oil
1 lb (0.5 kg) lean ground beef
1 cup chopped onion
2 cloves garlic, crushed
4 cups chicken broth
1 can (5½ oz/156 mL) tomato paste
1/2 tsp oregano, crumbled
1/2 tsp salt
1/4 tsp red pepper flakes
1/4 tsp freshly ground pepper
2 cups broken spaghetti
Freshly grated Parmesan cheese

METHOD

- 1 Heat oil in a Dutch oven over medium heat. Add beef, onion and garlic. Cook, stirring to break up beef, until browned. Drain off excess fat.
- 2 Stir in broth, tomato paste, oregano, salt, red pepper flakes and pepper. Bring to a boil. Add spaghetti. Reduce heat and simmer, stirring frequently, until spaghetti is tender, about 12 – 15 minutes. Serve with Parmesan cheese.

When browning meat in a pan, always heat your pan with oil first. This gives your end product better flavour.



Try whole wheat spaghetti for something different, or substitute other favourite pastas!



Store in an airtight container in the refrigerator for up to 2 days, or freeze up to 1 month in smaller containers for perfect serving sizes for later use!



Napkin Folding 101: The Bishop's Hat

- 1** Fold the napkin in half diagonally to form a triangle.



- 4** Fold the corner back to the bottom edge.



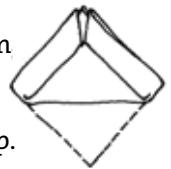
- 2** Fold the left and right corners up to meet at the top point, forming a diamond.



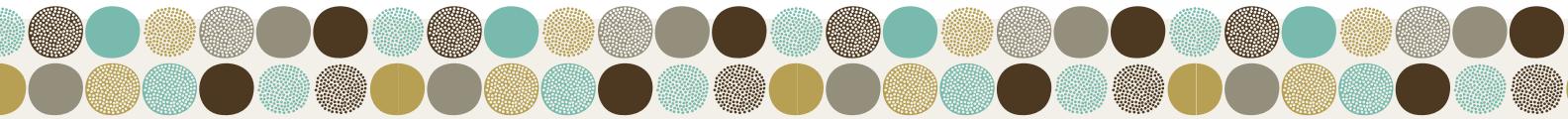
- 5** Turn the napkin over and bring each of the sides back, tucking one into the other.



- 3** Fold the bottom corner up, leaving about 1 inch at the top.



- 6** Stand the napkin upright and tuck each of the flaps into the cuff.



The Cook's Glossary

Al Dente

To cook food (usually pasta, rice or vegetables) until it is firm to the bite, but tender.

Dutch Oven

A heavy pot that is wider than it is tall, with a tight-fitting lid and two heatproof handles. This design makes it easy to transfer the pot from the stove-top to the oven.



Dutch oven

Food Processor

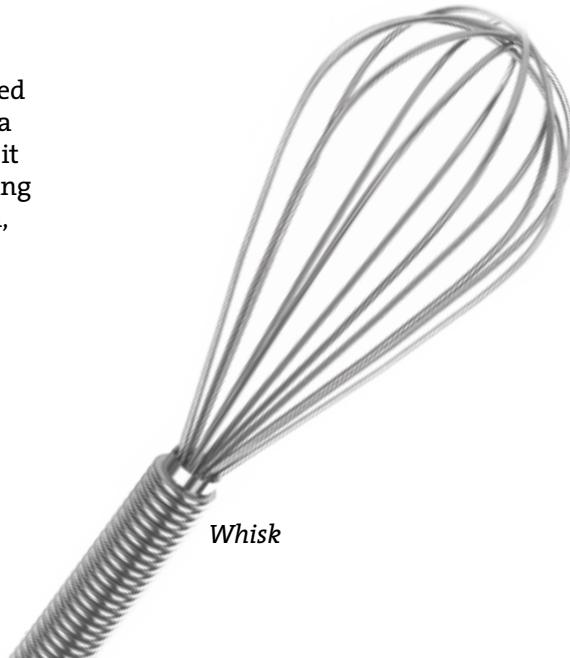
A kitchen appliance that has a base with a motor and a plastic bowl with a blade attachment. It is used to chop, dice, slice, shred, grind and purée foods quickly.

Pizza Stone

A heavy, flat round or rectangular plate of stone used to bake pizza or bread. A pizza stone holds a lot of heat, and it is mainly used to mimic baking pizza or bread in a brick oven, which gives a crispier crust.

Whisk

A kitchen tool that is used to thoroughly mix ingredients together, or to add more air into a mixture to make it light and fluffy. It is also used to help make sauces smooth.



Whisk

Energy Savings in Your Kitchen



Run the dishwasher only when it's full.

Choose the "no heat dry" cycle or let dishes air-dry.

Know what you want before opening the fridge to keep cool air from escaping.

Use less energy and boil liquids faster by putting a lid on the pot. Watch for boilovers.

Always match pots and pans to element size, so energy isn't wasted.

Remember, all cooking fires are preventable. Select the proper heat level for the food being prepared and keep your stove-top clean and clear at all times.

For more recipes and tools check out our Kids in the Kitchen page on our website.

**ATCOBlueFlameKitchen.com
/Recipes/Menu-Ideas/For-Kids**

At Home with Natural Gas!

Natural Gas is there when you need it, providing instant reliable energy. This greener energy solution also emits fewer greenhouse gasses than other fossil fuels. Look what it can do around your house!

FIREPLACE

Many natural gas models will still operate during a power outage.

DRYER

A natural gas dryer costs up to four times less than electric models to dry a load of laundry.

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Natural gas heaters warm water twice as fast compared to electric heaters.

FURNACE

Today's natural gas furnaces are more than 90 per cent energy efficient.

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Natural Gas heats instantly to the desired temperature, producing better cooking results.

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Natural gas patio heaters and fire pits cost much less to operate than similar propane models.

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Natural gas models cost about four times less than electric models to operate.

Learn more about cooking with natural gas at
ATCOBlueFlameKitchen.com

POSITIVE ENERGY TIPS FOR YOUR HOME

Here are a couple of tips so you use less, and feel good.

- Consider turning off your home entertainment systems when not in use, they can be one of the largest energy drains in a household. Yes, this includes your PVR and game console!
- Turning off your computer can save energy. If you need to leave your computer on, try just turning off the monitor. It typically uses more than half of the computer system's energy.



For more ways to save on energy, visit ATCOenergy.com.



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